



# News Leader<sup>®</sup>



Vol. 36, No. 42

Fort Sam Houston — Home of Army Medicine

Oct. 21, 2004

## Briefs . . .

### **Consolidated retirement ceremony, Oct. 28**

Fort Sam Houston will conduct a consolidated retirement ceremony Oct. 28 at 7:45 a.m. at the MacArthur Parade Field on the corner of Harry Wurzbach and Stanley Road.

### **Legal assistance closed, Oct. 29**

Due to Soldier Readiness Processing, the Legal Assistance Office will be closed Oct. 29 for walk-in attorney consultations. The office will be open for notary service and preparation of powers of attorney from 8 a.m. to 4 p.m. For more information, call 221-2353/2282.

### **Retiree Appreciation Day, Oct. 30**

The Fort Sam Houston Retiree Council and the Transition Services Office will host the annual Retiree Appreciation Day on Oct. 30 at the U.S. Army Medical Department Center and School, Bldg. 2841, Willis Hall, at the corner of Harry Wurzbach and Stanley Road, from 8 a.m. to 12 p.m. For more information, go to page 18.

### **Halloween hours**

Fort Sam Houston will observe Halloween trick-or-treat hours from 6 to 8 p.m. Oct. 31. Only valid Department of Defense ID cardholders and their families are authorized access to the post for trick-or-treating. A parent or adult should accompany children under 12 years old.

### **Mission Thanksgiving kicks off**

The U.S. Army Medical Department Center and School is hosting its annual "Mission Thanksgiving" program, where families in the San Antonio area take Soldiers home for Thanksgiving Day. For more information, go to page 10.

## Survivor raises awareness



Photo by Elaine Aviles

Belinda Koeller performs in "Handle with Care" during the Breast Cancer Health Awareness Luncheon on Friday at the Fort Sam Houston Officers Club. Koeller is a member of the Brooke Army Medical Center breast cancer support group, which performs "Handle with Care" to educate and inform people about breast cancer awareness. For story and photos, go to page 20.

## BAMC addresses flu vaccine supply

By Brig. Gen. C. William Fox Jr.  
Brooke Army Medical Center commander

We are all aware of the recent unfortunate loss of about one-half of our nation's influenza vaccine supply. This will affect the DoD health care system even more as 65 percent of our vaccine supply is lost. Our Influenza Immunization Program will understandably be quite different this year. We have received a small initial shipment of influenza vaccine but the present distribution plan does not have us receiving any more vaccine until December. Recent efforts to obtain more vaccine appear promising; however, the total supply is insufficient for the nation's needs, so any gains we make will be minimal.

As a beneficiary, you need to know our plans and prioritizations, and what you can do to protect your health and the health of those around you. Our first priority must go to our deploying forces. They have the highest threat of infection from influenza. The remainder of the vaccine available is not enough to protect the remaining beneficiaries as in prior years. We will not, for example, be able to provide vaccine for all adults aged 65 or older, but will have to concentrate on those with the highest risk due to multiple chronic medical conditions. Even then, we can guarantee no one a flu shot. We simply do not have the vaccine to allow us to provide flu shots at retiree day or other events.

You may have an opportunity to obtain influenza immunization elsewhere and if so we highly encourage you to obtain this protection if possible. Organizations such as local public health departments or commercial grocery or pharmacy chains may have adequate vaccine and provide immunization clinics. There are also a number of other measures that you can take to help protect from influenza: Wash your hands regularly, especially

See **FLU VACCINE** on Page 3

# CPS recognizes Fort Sam for energy conservation

Fort Sam Houston took a top honor at the second annual City Public Service Energy Innovator Awards recognition breakfast Oct. 5 at LaVillita Assembly Building in San Antonio.

The post won in the governmental category for using solar energy systems installed in Bldg. 902, which features solar hot water and space heating for the Wagner Hall Trainee Complex, comprising eight barracks, and a nominal 60 kilowatt solar photovoltaic array, which provides electricity.

The environmentally friendly system was the brainchild of Gene Rodriguez, Fort Sam Houston Utility Monitoring and Control System and Energy Savings Performance Contracting project manager.

"Robert Jay (energy manager) and I attended a seminar in Palm Springs (Calif.) and we split up the classes," Rodriguez said. "I ended up at a photovoltaic brief-

ing and thought it was a great idea to put into action at Fort Sam."

He focused on the complex due to its lay out and diverse application – Bldg. 902 serves as both the Wagner Administration Building and the central plant for the 900 area barracks.

Three years and a lot of hard work later, the project was completed via the ESPC contract with Johnson Controls Inc.

A nominal 60-kilowatt photovoltaic system now converts sunlight into electricity, powering the Wagner Administration Building's chiller on the average of 9.6 hours a day. In addition, a roof-mounted solar hot water system produces hot water for the eight 900 area barracks' domestic hot water and space heat requirements.

This translates into hot water for 360 showers a day and warm barracks. The underground hot water loop serving the eight barracks also serves as storage for the solar hot

water system. Stored water provides hot water to maintain 472 individual room water source heat pump units that keep Soldiers cool in the summer and warm in the winter.

The UMCS energy management computer system remotely monitors and controls cooling and heating equipment while assuring comfort and energy efficiency.

Conserving more than 500,000 kilowatt-hours and almost 85,000 cubic feet of natural gas per year, the post is saving \$445,453 annually in energy and operating costs, according to CPS. The short six-year payback is motivating Fort Sam to replicate the project in half of its 1,200 facilities.

"The project was a learning experience," Rodriguez said. "We were able to do what we thought we could. It's a long-term investment, but well worth the wait."

The other winners were the Alamo Community College District, educational category; The



Photo by Elaine Aviles

Gene Rodriguez, Utility Monitoring Control System and Energy Savings Performance Contracting project manager, remotely monitors and controls the heating, ventilation and air conditioning systems for Bldg. 902.

Towers on Park Lane retirement community, commercial category; and David Maxwell, residential category. In addition, U.S. Rep. Ciro Rodríguez of the 28th

Congressional District was recognized with the Energy Leadership Award for his contributions to the environment.  
(Courtesy: City Public Service)

# Interim policy guidance for use of influenza vaccine



**Dr. William Winkenwerder Jr.**  
**Assistant Secretary of**  
**Defense for Health Affairs**

**By Dr. William Winkenwerder Jr.**  
**Assistant Secretary of Defense, Health Affairs**

In light of the announcement last week that the United States’ influenza vaccine supply for the 2004-2005 flu season would be curtailed, I have directed a review of the Department of Defense guidance for administering available vaccine. DoD will be affected by the same shortage as the rest of the nation, and there will not be sufficient vaccine to conduct business as usual.

DoD will provide influenza immunization to those critical operational forces who are

conducting the Global War on Terror. Our top priorities are to immunize forces that are forward deployed in Operations Enduring Freedom and Iraqi Freedom, as well as forces who are preparing to deploy in the near future. We will also immunize those other forces that are designated as critical to our nation’s defense. I have asked the Joint Chiefs of Staff for an expedited review of the priority groups that fall into this category and will publish final guidance within 10 days.

DoD will administer the remainder of our limited flu vaccine supply in strict accordance

with Centers for Disease Control and Prevention recommendations published in the Morbidity and Mortality Weekly Report dated Oct. 5. The link to these guidelines is: <http://www.cdc.gov/flu/protect/whoshould-get.htm>.

The Services are directed to begin flu immunizations now for the deployed and deploying forces, as well as those high-risk groups identified by the CDC. Anyone not in the high risk or deployed category, including active duty military not scheduled to deploy, should be deferred from vaccination at this time.

## Fort Sam Houston News Leader

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# Army partners with OSHA to cut accidents

By Kelli R. Petermeyer  
Army News Service

WASHINGTON – The Army signed a partnership with the Occupational Safety and Health Administration at the Pentagon on Friday to help reduce accidents at Army installations.

Geoffrey G. Prosch, principal deputy assistant secretary of the Army (Installations and Environment), and John Henshaw, assistant secretary of Labor and head of OSHA, signed the Voluntary Protection Program partnership to focus on 21 Army installations that have high accident rates.

“This event is one of great significance,” Henshaw said. “This is the first time OSHA has signed a national partnership with any defense organization.”

“The partnership will help the Army on several fronts,” Prosch said. “It will enable the Army to meet the accident reductions called for by defense leadership and provide for safer workplaces and improved safety cultures at Army installations.”

“We are an Army at war and transforming and are committed to providing for the safety and health of our war fighters and the Soldiers and civilians supporting them,” Prosch said. “Accidents on our installations degrade well-being and consume precious resources, and accidents on our installations can have significant impacts on the readiness and deployment of our Soldiers.”

“We have learned that an attitude of a safety status quo and small incremental improvements achieved in the past are not going to enable us to realize the accident reductions and safety and health perform-



Photo by Gary Sheftick

Assistant Secretary of Labor John Henshaw congratulates Principal Deputy Assistant Secretary of the Army (Installations and Environment) Geoffrey G. Prosch after both signed the Army-OSHA partnership to participate in a Voluntary Protection Program.

ance that our people deserve,” he said.

The Army typically suffers more than 22,000 civilian occupational injury and illness compensation claims each year, resulting in nearly \$180 million in direct costs, he said.

The 21 installations selected as the focus of the program were chosen because they were either on the Department of Defense list of the 40 installations with the highest total civilian days lost due to occupational injuries and illnesses, or they had the highest days lost in their OSHA region, said Jim T. Patton, assistant for safety, Office of the Deputy Assistant Secretary of the Army for Environment, Safety and Occupational Health. The program will initially focus on these installa-

tions and most likely will be expanded in the future, he said.

The VPP partnership is a flexible agreement designed to allow OSHA to work directly with the Army on specific situations to set goals and define results tailored to the Army’s safety issues, said Paula White, director of cooperative and state programs, OSHA. The goals go above and beyond the normal OSHA standards. “It’s a roadmap to safety and health,” she said.

After developing a partnership with OSHA, the lost time accident rate for the National Park Service’s Sleeping Bear Dunes National Lakeshore in Michigan decreased 83 percent from 2001 to 2003, according to OSHA.

Part of the park service’s agreement included developing ways to correct the top hazards at the site – slips and falls, bites and skin irritations, contact with objects, and strains and sprains. According to OSHA, they managed these issues by addressing unsafe work practices, developing an effective safety program, and providing safety and health training for managers, supervisors and employees.

OSHA started the voluntary protection programs in 1998 and has entered into nearly 340 partnerships, covering more than 12,000 employers and 625,000 employees, Henshaw said. He added that he hopes this partnership with the Army will serve as a model for other organizations.

The Army’s partnership focuses on the following installations:

- Fort Sam Houston, Texas
- Aberdeen Proving Ground, Md.
- Anniston Army Depot, Ala.
- Fort Bliss, Texas
- Corpus Christi Army Depot, Texas
- Fort Devens, Mass.
- Fort Drum, N.Y.
- Fort Knox, Ky.
- Fort Lewis, Wash.
- Fort McCoy, Wis.
- Pentagon Army, Va.
- Pine Bluff Arsenal, Ark.
- Fort Polk, La.
- Red River Depot, Texas
- Redstone Arsenal, Ala.
- Fort Riley, Kan.
- Sierra Army Depot, Nev.
- Fort Sill, Okla.
- Fort Stewart, Ga.
- Tooele Army Depot, Utah
- White Sands Missile Range, N.M.

## Flu vaccine shortage

Due to current shortages, flu vaccine will not be given to the BAMC community at this time. Individuals seeking vaccination should consider obtaining it from local resources.

Individuals in the following groups should consider getting flu vaccine:

- All children 6-23 months of age.
- Household contacts and out-of-home caretakers of infants less than 6 months old.
- People 65 years of age or older.
- Residents of long-term care facilities housing persons with chronic medical conditions.
- People (any age) who have long-term health problems with heart disease, kidney disease, lung disease, metabolic disease (such as diabetes), asthma, anemia, and other blood disorders.
- Women who will be pregnant during the influenza season, second and third trimesters only.
- Health care workers involved in direct patient care.

For more information, call Brooke Army Medical Center at 916-7FLU (7358).

## Flu Vaccine

Continued from Page 1

before eating, cover your mouth when you cough or sneeze, and, when you are ill, avoid exposing others by wearing a mask and not coming into close contact. Maintain your health as well as possible with proper nutrition, rest and exercise.

We must all work together to avoid potentially disastrous consequences of our lack of influenza vaccine to protect our Soldiers deploying to combat operations and those at the highest risk levels of contracting influenza and having a serious complication, to include death. Even so, we continue to search for ways to increase the vaccine supply and broaden our immunization program.

For the latest update on vaccine availability, please call 916-7FLU (7358) and for more information about influenza and protecting yourself, you may go to the Brooke Army Medical Center Web site at [www.bamc.amedd.army.mil](http://www.bamc.amedd.army.mil).



Photo by Lance Cpl. Daniel Redding

People can help protect themselves from influenza by washing their hands regularly, covering their mouth when they sneeze and, when ill, avoid exposing others to the illness.

## SA health department offers flu shots to high-risk people

Flu shots are available through the San Antonio Metropolitan Health Department for the following high-risk categories:

- All children aged 6-23 months
- Adults aged 65 years and older
- Persons aged 2-64 years with underlying chronic medical conditions
- All women who will be pregnant during the influenza season

- Residents of nursing homes and long term care facilities
- Children 6 months to 18 years of age on chronic aspirin therapy
- Health-care workers with direct patient care
- Out-of-home caregivers and household contacts of children less than 6 months old

If you do not fall within one of these categories, you will not receive a flu shot.

There is a large clinic for flu shots today at the Alamodome from 8 a.m. to 6 p.m. Please arrive prior to 4 p.m. Flu shots will cost \$20 each unless the participant is under Medicare, Secure Horizons or Medicaid, in which case the cost is either fully or partially covered. For more information on city flu shot clinics, go to the SAMHD Web site at [www.sanantonio.gov/health](http://www.sanantonio.gov/health).

# Under construction



However, even if the job is outsourced, the depart-

“Bottom line is we’ll make sure people continue to get the same level of customer service they’re used to while our employees are adapting to changes due to the reorganization,” Brenneman said.

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Camp Bullis  
Michael McCarthy 295-7732"]; A --> C["Fiscal Management Office  
Alicia Hardy 221-2443"]; A --> D["Human Resources and Administration  
Earnest Bridges 221-2014"]; A --> E["Readiness and Support  
Jerry Rogers 221-2443"]; A --> F["Operations and Maintenance  
Jeanne Smith 221-2443"];
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**1st Cavalry Division (ASLT)**  
Colonel Robert L. Smith 214-221-1111

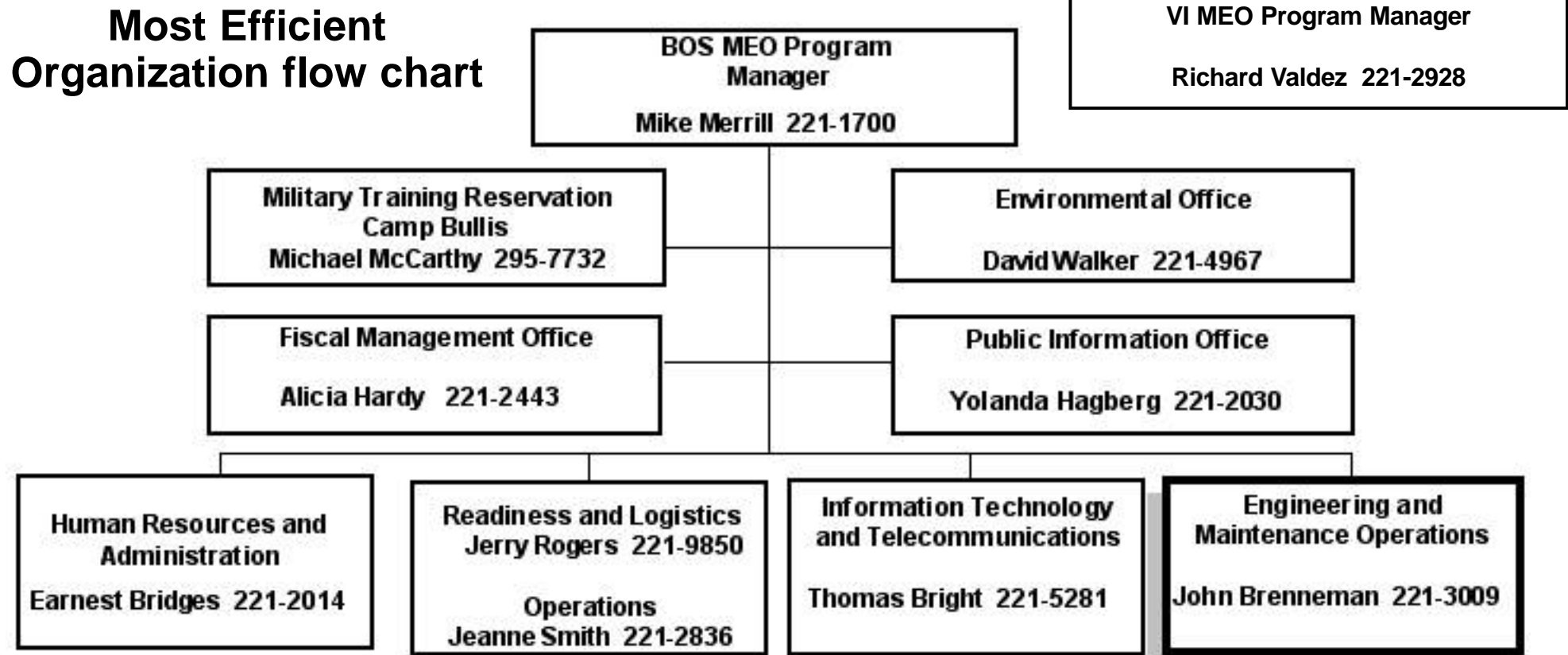
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# Postal agency sets over

**By Staff Sgt. C. Todd Lopez**  
**Air Force Print News**

WASHINGTON — The dates for sending items to and from overseas locations in time for the holidays are fast approaching, and officials at the Military Postal Service Agency here have suggestions for ensuring packages and letters arrive on time.

“If packages are mailed earlier, it may be possible to use space-available mail or parcel post service, which would result in less expensive postage rates,” said Mark DeDomenic, the agency’s chief of operations.

As the holidays approach, mail volumes get higher, and it takes longer for packages to get through the system, DeDomenic said.

The recommended deadlines for sending mail from the United States to all overseas military mailings for the holidays are listed below:

- Parcel post: Nov. 13
- Space-available mail: Nov. 13
- Parcel airlift mail: Dec. 6
- Priority and first-class mail: Dec. 11 (Dec. 6 for APO)
- Express mail military: Dec. 11 (Dec. 6 for APO)

(Not applicable for APO)

DeDomenic said the deadlines should be observed by customers mailing from overseas locations to the United States, and that all dates are in local time, depending on location.

“Customers should observe the deadlines for military post office overseas mailings,” DeDomenic said.

People mailing packages should be aware that customs forms must be attached to all international mail, and that all mail should be properly packed.

The recommended deadlines for sending mail from the United States to all

People mailing packages need to be aware that customs forms are required on all international mail, and that shipments should be properly packaged before send-

“Generally speaking, anything that would cause harm to other mail, equipment or mail handlers, or anything that is hazardous to an aircraft in-flight is non-mailable,” DeDomenic said. “Customers should check with their local military post office for specific regulations. In general, plants, some food items such as meats,

Agency officials encourage service members to support the publicly available Web sites that allow the American public to write supportive letters to them.

# Top CFC contributions



Photo by Mike Dulevitz

Brooke Army Medical Center command group passes the hat for this year's Combined Federal Campaign. (From left to right) BAMC Troop Command Sgt. Maj. Phyllis Joseph, BAMC Deputy Commander for Clinical Services Dr. (Col.) Carlos Angueira, BAMC Troop Command Commander Lt. Col. Ricardo Glenn, BAMC CFC Project Officer Capt. Raymond F. Jaklitsch, BAMC Deputy Commander for Administration Col. Frederick A. Swiderski, BAMC Commander Brig. Gen. C. William Fox Jr., BAMC Command Sergeant Major James Clifford, and BAMC Deputy Commander for Nursing Col. Lark Ford.



# DoD allows more wounded troops to remain on duty

By Donna Miles  
American Forces Press Service

WASHINGTON, D.C. — The Defense Department has long been a leader in providing employment opportunities to people with disabilities — but it’s taken a major step forward by allowing disabled veterans to remain in the military if they want to and can continue to perform, DoD’s disability program manager said here Oct. 13.

As DoD observes National Disability Employment Month, this year’s theme, “You’re Hired! Success Knows No Limitations!” takes on particular relevance for service members wounded during the War on Terror, Judy Gilliom said during an interview with the Pentagon Channel.

Gilliom said service members with disabling injuries used to be automatically turned over to the Department of Veterans Affairs. If they returned to the Defense Department, it was generally

after being medically retired, then hired as civilian employees.

“Now there is much more interest at the very highest levels in keeping anyone who wants to remain in the service as an active-duty member,” she said. “And there are some very striking examples of how that has been done.”

“With advances in medicine, technology and rehabilitation techniques, we are making every attempt to return willing service members back to duty,” said Undersecretary of Defense for Personnel and Readiness David S. C. Chu. “We are increasing that capability with advances in amputee care, new prosthetic devices, and the new Advanced Amputee Training Center established at Walter Reed (Army Medical Center in Washington).”

President Bush shared this new vision last December during a visit to wounded troops at Walter Reed. “Americans would be surprised to learn that a grievous injury, such as the loss of a limb, no longer

means forced discharge,” the president told the Soldiers.

“In other words, the medical care is so good and the recovery process is so technologically advanced, that people are no longer forced out of the military,” Bush said. “When we’re talking about forced discharge, we’re talking about another age and another Army. This is a new age, and this is a new Army. Today, if wounded service members want to remain in uniform and can do the job, the military tries to help them stay.”

Marine Corps Sgt. Chris Chandler is an example of that new age and new military. Three months into his deployment to Afghanistan in 2001, Chandler stepped on a landmine, which blew off his left foot and lower leg.

But the 23-year-old Marine said he never entertained the idea of a medical retirement. “I never considered it for a second,” he told a reporter from The Bayonet newspaper at Fort Benning, Ga. “Before

I could even start to feel sorry for myself, there were people who’d lost their legs who came to talk to me and tell me I could do it.”

Last December, Chandler proved them right, becoming the first service member with a prosthetic limb to graduate from the Army’s Airborne School at Fort Benning.

Another example is Air Force Lt. Col. Andrew Lourake, who injured his left leg during a 1998 motocross bike accident and ultimately had to have it amputated. Lourake, now fitted with a computerized artificial limb, was cleared last summer to return to flight status and will soon be back in the pilot’s seat.

“(This will set a) great precedent for the Air Force,” Air Force Brig. Gen. Scott Gray, 89th Airlift Wing commander, told a reporter for the Capital Flyer newspaper at Andrews Air Force Base, Md. “It shows how well the Air Force takes care of their own and how far technology has

come to enable this to happen.”

Chu called the spirit of these and other wounded service members intent on remaining in the military “an enormous tribute to America’s all-volunteer force.” Gilliom said examples like these — once almost unheard of — are occurring with increasing frequency as the military looks beyond traditional conceived notions about what disabled service members can and can’t do.

“If you can do it, you can do it,” she said. “It’s important to let people achieve whatever potential they have to perform.”

That, she said, is the whole idea behind the theme to this year’s National Disability Employment Month: Success Knows No Limitations!

“There’s a lot of interest in being sure that we facilitate that process and help people do what they want to do to adjust to any injury they may have acquired in the course of the Global War on Terror,” she said.

# Ethics Training

The following is a schedule for the ethics training for Army Medical Department Center and School and Fort Sam Houston military and civilian personnel:

| Ethics Training Schedule |                   |
|--------------------------|-------------------|
| Date                     | Time              |
| Nov. 3                   | 1:30 – 2:30 p.m.  |
| Nov. 17                  | 9:30 – 10:30 a.m. |
| Dec. 1                   | 9:30 – 10:30 a.m. |
| Dec. 15                  | 1:30 – 2:30 p.m.  |

This training is mandatory and attendance will be reported to the Acting Secretary of the Army.

All training will be held in Evans Theater, Bldg. 1396, on Garden Avenue. No reservations are required and seating is on a first come basis.

Commanders and supervisors may contact Mario Rendon by e-mail at the Administrative and Civil Law Division, Office of the Staff Judge Advocate, AMED-DC&S and Fort Sam Houston, for an electronic copy of the sign-in sheets to verify their employees' attendance.

For more information, call the Ethics Counselor, AMEDDC&S and Fort Sam Houston, at 221-2373 or 221-0485.

# Fifth Army Organizational Day honors past, present

Story and photos by Master Sgt. C.S. Allbright  
Fifth U.S. Army Public Affairs

Soldiers, civilian employees and family members played volleyball, horseshoes and a quiz game modeled after "Millionaire" at the annual Fifth U.S. Army Organizational Day on Oct. 7.

Through fun and camaraderie, the day commemorates

the unit's history while celebrating present-day achievements. About 200 people took part at the headquarters in the Quadrangle.

Fifth Army was activated Jan. 5, 1943 at Oujda, French Morocco. World War II Soldiers fought bitterly through North Africa to Salerno, Italy, when Fifth Army became the first American Army to initiate combat on the European mainland in World War II. The unit was also the first to win a battle on the continent, and the first to liberate a European capital, Rome, on June 4, 1944. They continued to fight for 602 days, a record for sustained combat by any contemporary American field Army.

The proud tradition of service and sacrifice continued through the Cold War, Korea, Vietnam, Operations Desert Shield and Storm, Bosnia, Kosovo and through current operations in Afghanistan and Iraq.



Lt. Gen. Robert T. Clark, commanding general of the Fifth U.S. Army, thanks those gathered at Organizational Day for their hard work for Fifth U.S. Army missions. The annual event was conducted Oct. 7 in the historic Quadrangle at Fort Sam Houston.



Sgt. Regina Gonzales, G-6, Headquarters, Fifth U.S. Army, prepares to serve during a volleyball match.

Headquarters, Fifth U.S. Army, located at Fort Sam Houston, is one of two Continental U.S. Armies; the other being the First U.S. Army, which operates east of the Mississippi River. More than 2,200 dedicated military members and civilians work throughout Fifth Army's 21-state area of responsibility. They provide training support, mobilization, homeland security, support to emergency and

disaster relief agencies, and work with the Mexican Army Relations Programs.

Organizational Day is celebrated in the fall, usually September, to mark the anniversary of the Salerno campaign. At day's end, Task Force Guardian's 135th Field Artillery Brigade members had the job of cleaning up and putting away the tents until the memories of the past and the present once again merge.



# Chenega security officer recognized for heroism

Story and photos by Phil Reidinger  
Fort Sam Houston Public Affairs Officer

Every day Chenega security officers man the post gates, executing force protection procedures. These security officers work with the Fort Sam Houston Provost Marshal to provide a secure and safe working and living environment for post employees and residents.

One of these officers, Fred Esquivel, was recently cited by the U.S. Army Garrison Commander Col. Garry Atkins for his meritorious actions without regard to his personal safety. Esquivel saved the life of a stranger in distress.

While off duty, in the area of IH 10 and Bandera Road, he came upon a burning vehicle with the occupant inside and unconscious. With others standing by, he quickly assessed the situation and pulled the victim from the burning vehicle. He then directed onlookers to call 911 and administered first aid until relieved by medical personnel.

The Fort Sam Houston Fire Department also presented Esquivel with their First Responder award recognizing his alert response to the dangers of a burning vehicle and his immediate administration of first aid.



Col. Garry Atkins presents the Eternal Vigilance Award to Security Officer Fred Esquivel.



Chenega Corporation leaders Jeff Bottomly, Mike Anderson, Curtis Hoosier and Rodger Pichon congratulate Fred Esquivel, Chenega security officer.

## Soldiers keep post clean



Photos by Phil Reidinger

Four Soldiers walk along Carson Street adjacent to the Infantry Post area picking up litter along the fence Saturday. Soldiers assigned to the 187th Medical Battalion and the Special Troops Battalion can be seen every day policing the post for litter and emptying general use trashcans located at buildings along major post streets. Post police call also includes the perimeter of the post, especially high traffic areas such as Carson Street, Grayson Street, near the access control points and at various gates that are closed around the post.



Spc. Marcie Crockett, Special Troops Battalion, and 187th Medical Battalion Soldiers Pfc. Giovanna Morales and Pvts. Parnell Taylor, Tiffany Snavely and Gary Heard keep the post and fence line perimeter clean of litter Saturday.



# Cougar Medics sharpen core skills during Warrior Ethos training

By Capt. David McCaskill  
232nd Medical Battalion

The Cougar Medics of C Company, 232nd Medical Battalion, recently conducted Warrior Ethos training, which emphasized the initial two phases of their Warrior Ethos training: plan, patrolling and land navigation.

The training event culminated in a 2-and-a-half mile tactical road march back to the company area.

The intent of the field training is to reinforce practical application of core Soldier skills, ensuring Cougar Medics understand principles of patrolling, battle drills and land navigation, which are the fundamental base for the remainder of the training program.

In the next few weeks, future 91W combat medics will receive additional classes on tactical road march, noise and light discipline, hand and arm sig-

nals, patrolling formations, reaction to direct and indirect fire, movement to contact, map reading, use of a lensatic compass and dismounted land navigation.

The Cougar Medics will continue didactic instruction in the remaining sections of the Warrior Ethos program including communications, manual and litter evacuation, NBC and combative training. This training phase will be followed by a situational training exercise to evaluate Soldier comprehension before their final field training exercise at Camp Bullis prior to graduation.

While the 232nd Medical Battalion's primary focus is to produce competent, confident combat medics, the unit cadre also include developmental leadership training during exercises to provide opportunities for Soldiers to develop their leadership abilities through established leadership team positions.



Photo by 1st Sgt. Armand Fermin

Students assigned to C Company, 232nd Medical Battalion, participate in a road march back to company area following a daylong field exercise to reinforce core Soldiers' skills training.

# NCO Academy supports community



Photos by Master Sgt. Eduardo Martinez  
Soldiers from the Fort Sam Houston NCO Academy Color Guard present the colors during the opening ceremony for the annual conference and reunion of the Association of Former Special Agents of the Internal Revenue Service on Oct. 11.

## Mission Thanksgiving 2004

Celebrate this great American holiday with some great Americans - our sons and daughters in uniform.



If you want to open your home to two of Fort Sam Houston's trainee Soldiers for Thanksgiving Day, please call 221-3390 or 4362 before Nov. 17.



# Post Pulse: Why do you think it is important to vote?



*“In a democracy, I feel everyone should vote. If everyone realized what is at stake, if everyone realized the background of democracy, I think they would vote. And that is why I vote.”*

Gary West,  
retired DoD civilian



*“I believe it’s our responsibility to help choose who runs the country; they’re obviously going to be over us. So we help decide what’s going to happen, and if we don’t vote we don’t have a voice.”*

Spc. Liana Wilson,  
91K student



*“It’s your opportunity to document your opinion for selection of political leaders which, oh-by-the-way just happen to run the military we’re in. So it is doubly important as a citizen and a Soldier to vote at least for the president and even your local representatives.”* Lt. Col. Kenneth “Scott” Jetter, Cdr. 988th Medical Detachment (PM)



*“It is important to vote because the laws and rules that govern our country are established in the legislature. Without proper leadership in our legislature, the country can’t move forward. That’s why you vote. You vote for your representation in the legislature.”* Sgt. 1st Class Anthony Wilson, 2nd Battalion, 381st Regiment (TS)



Photo by Elaine Aviles

Andrew Vasquez, youth center volunteer, draws a caricature of 12-year-old Olivia Patterson in the children’s tent at the Fall Fest.

# Fort Sam festivities entertain, benefit MWR

By Elaine Aviles  
Fort Sam Houston News Leader

More than 6,500 community members attended the Fort Sam Fall Fest Saturday to enjoy a variety of events during the daylong festivities.

The fest, which benefits Army Morale, Welfare and Recreation programs, featured a parade, more than 30 arts and crafts vendors, live music, chili cook-off, adult and children’s runs, carnival games and a classic and new car show.

“I enjoyed the children’s runs,” said 15-year-old Lionel Lowery. “It was great that all of the children, not just the top placers, got a medal. It made a lot of kids happy.”

There were more than 16 entries in the chili cook-off for best “Army chili.” A team from E Company, 187th Medical Battalion took first place in the military unit category and Ronald Kenneady, Danny Harvey and Kay Morgan were best in the civilian category.

The new and classic car show Best of Show winner was Tammy and Fran Price for a 1940 Ford Coupe.

The Fall Fest was sponsored by MWR, Caliber

Collision Centers, First Command, Wellesley Inn-Airport and Chaney Financial Services.

People can go to [www.portsamhoustonmwr.com](http://www.portsamhoustonmwr.com) for an online photo gallery.

Out of 94 participants, the winners of the children’s mini-marathon were:

Special Elementary: first place - Brianna Johnson and second place - Mackenzi Wolfe

Special Jr. /Sr. High School: first place - Matthew Philbrick

4 year olds and under: first place - Marlon Robbins, second place - Giovanni Monarrez and third place - Kevin Ramos

5-6 year olds: first place - Caleb Williams, second Place - Sophie Salas and third place - Bryant McCormick

7-8 year olds: first place - Timothy Powell, second place - Darion Andrews and third place - Leondre’ Williams

9-10 year olds: first place - Taylor Blanding, second place - Ricky Williams and third place - Darrel Andrews

11-12 year olds: first place - Alexander Verhulst, second place - Antonio Gonzalez and third place - Hope Lairsey



Photos by Alexandra Nordeck

Staff Sgts. Patricia Licon and Jessie Bolanos and Sgt. Brandon Polk, from the 323rd Band, perform “Bitty, Bitty, Bomba” by Selena at the Fort Sam Fall Fest. The 323rd band was just one of the many performers on stage that day.

A 32nd Medical Brigade Soldier takes a ride on a bungee bull. Other activities included moon bounces, a horseshoe tournament, kids’ games, an obstacle course and face painting.







Photo by Alexandra Nordeck  
Soldiers from A Company (MP) Special Troops Battalion cook a pot of Army chili.



Photo by Elaine Aviles  
Sgt. Josh Burkett, from the 3-67 CAB at Fort Hood, Texas, and son, 3-year-old Jacob, take a look at a monster truck at the new and classic car show.



Photo by Elaine Aviles  
Oralia Luna (left) and Shari Madore, from the San Antonio Military Entrance Processing Station, stir their entry into the chili contest.

# Domestic violence has long-lasting impact on children

By Ingrid Bethel-Constable  
Family Advocacy Program Educator

Domestic violence has a major impact on our children. To understand the extent, we have to first understand what domestic violence entails.

Domestic violence is much more than physical abuse. It includes emotional abuse (such as manipulation, isolation, put-downs and mind games), financial abuse, sexual abuse, threats of violence and revenge, property damage, harming pets and physical abuse. Domestic violence is an abuse of the intimate, trusting and safe relationship that the concept “family” represents. It is hearing the violence, sensing loved ones’ fear, using a child as a hostage or as a means of ensuring loved ones return to the home. It also includes forcing a child to watch or participate in assaults and interrogations, or involving the child in spying on her or his loved one. Abusers attempt to break down the parent-child bond by telling the child that her or his parents would be together if not for the parent’s behavior, and undermining the other parent by encouraging negative opinions of ability and appearance.

Even when they do not observe violence, children are usually aware it is occurring. They are alert to the obvious tension, fear and distress in their parents. Their home, instead of being a place of security, is characterized by cruelty and fear. The longer the situation goes on the harder it is to undo its damaging effects on children’s development.

Children are commonly the silent witnesses to the abuse of their mothers or other family members. For those children that just heard the abuse, they later saw the effects of the violence on the faces and bodies of their loved ones — the bruises, cuts, abrasions and black eyes. These children live in fear and distress. They often attempt to stop the violence or are themselves targets for abuse.

They also feel conflicted as to which parent to be loyal to and what they should do about the violence, especially

## Domestic Violence Awareness Month

*‘It takes a Community to Prevent Domestic Violence’*

October is Domestic Violence Prevention Awareness Month. The following are contacts to report suspected or alleged domestic violence on Fort Sam Houston:

|  |          |
|--|----------|
| Military Police  | 221-2222 |
| Brooks Army Medical Center (BAMC)<br>Department of Social Work | 916-3020 |
| Army Community Service (ACS) Family Advocacy Program           | 221-0349 |
| ACS FAP Victim Advocacy Program                                | 221-0600 |

The following community contacts are available to report domestic violence:

- Dial 9-1-1 and ask for the San Antonio Police Department to report off-post incidents.
- The National Domestic Violence Hotline 1-800-799-SAFE (7233)
- The local Battered Women’s Shelter 733-8810 or 930-3669
- The Hearing Impaired (TTY) 1-800-787-3224

Be concerned enough to share these important phone numbers with someone dealing with domestic violence. You may help save lives!

when both parents are involved in the abuse. These children grow up with an understanding that violence is a part of intimate relationships.

Children who witnessed family violence demonstrate adjustment difficulties in a number of areas, including health problems, cognitive deficits, adolescent hostility, and aggression and difficulties in adult relationships. These children are likely to grow up to fight and bully their peers, beat their wives and commit violent crimes. If they are female, they are likely to acquiesce in victimization and accept violence from their friends and partners.

Children react in different ways to domestic violence, even children in the same family. Some act out, while others act like the perfect child. Many have feelings of fear, anger, depression, grief, shame, despair, powerlessness and dis-

trust. They usually have physical reactions such as stomach cramps, headaches, sleeping and eating difficulties, and frequent illness. Children will have slowed developmental capacities, such as poor school performance, low self-esteem, difficulty relating to peers and substance abuse; behavioral problems such as running away from home, aggressive language and behavior. They also learn that violence is a legitimate means for resolving conflict or obtaining control of a situation.

Police statistics are staggering. According to various police reports and the American Psychological Association:

- Children in homes where domestic violence occurs are physically abused or seriously neglected at a rate 1,500 percent higher than the national average in the general population.
- Children in homes where domestic violence occurs may indirectly receive injuries when household items are thrown, weapons are used or as a result of being held by their mother when being battered.
- Children from violent homes have higher risks of drug and alcohol abuse and juvenile delinquency.
- Children are present in 41 to 55 percent of homes where police intervene in domestic violence calls.
- Seventy-two percent of women going to a shelter bring their children with them and 21 percent of them bring three or more children.

- Boys who witness domestic violence are more likely to batter their female partners as adults than boys raised in nonviolent homes.

It is important to note that although men are also victims of domestic abuse, the majority of victims of domestic abuse are women. So, you ask, what can I do? If you know of or suspect domestic violence, you can call the military police at 221-2222 on post. Off post residents can call the Law Enforcement Agency for your area. The telephone numbers are located in the front of the yellow pages. In an emergency, call 911, both on and off post. If you are calling on post, you must mention your location. Most states have “shield laws” which means you cannot be prosecuted if you make a report without malice. You can also make an anonymous report.

Besides reporting, there are other things you can do to help families dealing with abuse:

- Be aware that witnessing domestic violence harms children.
- Place the responsibility for the violence with the offending parent.
- Support the abused parent, which can improve his/her capacity to protect his/her children.
- Most importantly, children who witness domestic violence need to know they are not forgotten.
- Tell them that the violence is not their fault.
- Give them an opportunity to talk about the violence.
- Help make a safety plan which they can follow.

Let them know that others have had similar experiences.

For more information, call the Family Advocacy Program at 221-0349/2418. We also offer a variety of prevention classes, which are open to all ID card holders and Department of Defense civilians.



# Role model:

## 187th Med. Bn. drill sergeant inspires fellow Soldiers to shape up, benefit causes

Sgt. 1st Class Matthew Heatherly has given a new and refreshing meaning to the term, “follow me.”

Along with a challenging job as a 187th Medical Battalion drill sergeant, Heatherly has taken on a new role — race coordinator.

In this self-created, voluntary position, Heatherly researches papers and the news, looking for runs and walks that contribute to a cause. He then spreads the word throughout his company. Every Saturday morning, participants join him for a run to aid a variety of organizations.

“Whether he’s coaching Soldiers with grade point averages or run times, Heatherly meets every task with the same level of commitment and energy,” said Sgt. 1st Class Dwight Wafford, 187th

Medical Battalion. “His standard answer is always the same, ‘too easy, first sergeant.’”

Heatherly’s endeavor started with a combat medic run.

“He encouraged a few Soldiers to enter the run to build up their confidence,” Wafford said. “This effort blossomed into a true benefit for numerous causes.”

Heatherly takes care of all administrative aspect of the runs for Soldiers – he collects registration forms, retrieves numbered vests, and shuttles Soldiers to and from the runs.

“If we are going to do this, someone is going to benefit from it, not just us,” Heatherly said.

He said he searches for runs throughout the area that benefit causes like AIDS and cancer research.

His initiative has begun to spread, not only throughout E Company, but throughout the entire Battalion, Wafford said.

“He gets participation from Soldiers battalion wide,” he said.

Heatherly has organized participation in races benefiting everything from breast cancer to the United Services Organization.

Since Heatherly began, the number of Soldier participants have increased to the point where Heatherly said he’s soon “going to have to get the bus,”

“Heatherly’s efforts are truly leadership in action and serve as a wonderful example of selfless service,” Wafford said. “He is a model Soldier and member of the San Antonio Community.”

Source: 187th Medical Battalion.

### Antiterrorism Awareness Training (Level I) is mandatory

Army Regulation 525-13 mandates annual Antiterrorism Awareness Training (Level I) for all military and Department of Defense civilians. DoD contractors are provided this training as specified in the contract. This annual training requirement may be fulfilled one of two ways, online or face-to-face with a certified instructor.

Online training is encouraged as it’s convenient and saves time. The Web site is [www.at-awareness.org](http://www.at-awareness.org) (access code: aware).

The Fort Sam Houston Antiterrorism Office will conduct classroom style training at Evans Theater, Bldg. 1396, on Garden Avenue, Friday, 9 to 11 a.m. and Tuesday, 1 to 3 p.m. Training is open to all FSH personnel and seating is on a first-come basis.

For more information, call Terri Stover, FSH Antiterrorism Office at 295-0535 or e-mail [theresa.stover@samhouston.army.mil](mailto:theresa.stover@samhouston.army.mil).



# Religious Happenings . . .

## ‘Highway to Heaven’ adult bible study

A 32nd Medical Brigade “Highway to Heaven” adult Bible study for permanent party military members is Thursdays from noon to 1 p.m. in the AMEDD chapel fellowship room. Pizza is served for lunch. For more information, call AMEDD chapel NCO in charge at 221-4362.

## ‘Heart to Heart’ women’s retreat

The Fort Sam Houston Chapel ministry is sponsoring a women’s retreat called “Heart to Heart” at the T Bar M ranch north of San Antonio Friday to Sunday. This is an opportunity for women to examine the issues of the heart with workshop leaders John and Melissa Kruk. A donation of \$15 is suggested. Overnight childcare is available by FCC providers. For more information, call Amber Talbert at 666-4729.

# October Interfaith Calendar . . .

- Friday:** Dasera (Dusserha) \*\* - Hindu (Hindu festival celebrating the victory of Goddess Durga over the Demons.)
  - Monday:** Nirvana Celebration - Jain (Buddhist - a regional observance of the death of Buddha.)
  - 31:** All Hallows Eve – Christian (Christian celebration combining prayers and merriment involving children and families. It is a prelude to All Saint’s Day.)
  - 31** Samhain \* - Wicca (Wicca celebration of endings and beginnings. Revering of elders is observed.)
  - 31:** Reformation Day - Protestant Christian (Protestant Christian anniversary of their tradition and its emphasis on the place of the Bible and religious freedom. On Oct. 31, 1517 c.e. Martin Luther posted a belief statement on Wittenberg Church door.)
- Notes: \* Usually begins at sundown the day before this date.  
\*\* Local customs may vary this date.

# Post Worship Schedule

**Main Post Chapel**, Bldg. 2200, phone number: 221-2754.

**Catholic Services:**  
4:45-5:15 p.m. - Confessions - Saturdays  
5:30 p.m. - Mass - Saturdays  
9:30 a.m. - Mass - Sundays  
11:30 a.m. - Mass - Weekdays  
**Protestant Services** - Sundays:  
8 a.m. - Traditional Protestant  
11 a.m. - Traditional Protestant  
**Jewish Services:** phone numbers: 379-8666 or 493-6660.  
Fridays: 8 p.m. - Worship and 8:30 p.m. - Oneg Shabbat



**Dodd Field Chapel**, Bldg. 1721, phone numbers: 221-5010 or 221-5432.  
**Catholic Services** - Sundays: 12:30 p.m. - Bilingual Mass  
**Protestant Services:**  
10:30 a.m. - Collective Gospel Protestant - Sundays  
9:30-11:30 a.m. - Women’s Bible Study (PWOC) - Wednesdays, childcare is provided

**AMEDD Regimental Chapel**, Bldg. 1398, phone number: 221-4362.

**Troop Catholic Mass:** Sundays:  
10 a.m. - 32nd Medical Bde. Soldiers  
**Troop Protestant Gospel Services:**  
Sundays: 11:30 a.m. - 32nd Med. Bde. Soldiers  
**Troop Protestant Service:**  
9 a.m. - 32nd Medical Bde. Soldiers



**FSH Mosque**, Bldg. 607A, phone numbers: 221-5005 or 221-5007.  
1:30 p.m. - Jumma - Fridays  
10:30 a.m. - Children’s Religious Education - Sundays  
7:30 p.m. - Adult Religious Education - Thursdays

**Brooke Army Medical Center Chapel**, Bldg. 3600, phone number: 916-1105.

**Catholic Services:**  
8:30 a.m. - Mass - Sundays  
11:15 a.m. - Mass - Sundays  
11 a.m. - Mass - Weekdays  
**Protestant Services:**  
10 a.m. - Worship Service - Sundays  
Noon - Worship - Wednesdays



**232nd Medical Battalion Classroom**, Bldg. 1380, phone numbers: 221-5005 or 221-5007. **Mormon Services:** 10:30 a.m. - Sundays

**Web site:** [www.cs.amedd.army.mil/chaplain](http://www.cs.amedd.army.mil/chaplain)





Army Community Service

Family Advocacy Program Class Schedule

October 2004

| Class Title   | Dates        | Class Time              |
|---|--------------|-------------------------|
| Beyond Your First Baby                                | 29           | 8 a.m. – 12 p.m.        |
| Building Effective Anger Management Skills Series 1-4 | Today and 28 | 11 a.m. – 12:30 p.m.    |
| Commanders Training                                   | 28           | 8 a.m. – 9:30 a.m.      |
| Divorce Care  | Today and 28 | 11:30 a.m. – 12:45 p.m. |
| Domestic Violence Prevention                          |              |                         |
| Girl Talk!  |              |                         |
| Ages 9-10   | Wednesday    | 3 p.m. – 4 p.m.         |
| Healthy Pregnancy                                     | Monday       | 9 a.m. – 12 p.m.        |
| Helping Us Grow Securely (H.U.G.S.) Playgroup         | Tuesday      | 9 a.m. – 11 a.m.        |
| P.A.I.R.S. (Couples Course) (Four-part series)        | Wednesday    | 6 p.m. – 7:30 p.m.      |
| Stress Management I & II                              | Today        | 1 p.m. – 2:30 p.m.      |
| Truth or Consequences? (Three-part series)            | Tuesday      | 4:30 p.m. – 5:30 p.m.   |
| You & Your Baby                                       | Wednesday    | 8 a.m. – 12 p.m.        |

To sign up for classes or for more information, call the ACS Family Advocacy Program at 221-0349/2418.

# Money matters: civilian inpatient rates increase slightly for fiscal 2005

Effective Oct. 1, the daily cost of inpatient care in civilian hospitals for active duty family members under TRICARE Standard and TRICARE Extra increased from \$13.32 to \$13.90 per day or \$25, whichever is greater.

For example, if a family member of an active duty service member is an inpatient for one day, he or she will pay \$25. For inpatient stays that are two days or more, the cost will be \$13.90 per day.

The TRICARE Standard diagnosis-related group daily rate for most civilian non-mental health hospital admissions increased to \$512 from \$459 last year. This rate increase applies only to retirees, their families and survivors who use TRICARE Standard. They must pay either \$512 per day or a cost share of 25 percent of the hospital’s billed charges, whichever is less. A 25 percent allowable charge for separately billed professional services could also apply.

There is no DRG rate increase for beneficiaries who use a civilian TRICARE network facility under TRICARE Extra.

Rates for inpatient mental health care or a substance-use disorder increased from \$164 to \$169 per day for retirees, their families and survivors who use TRICARE Standard. They also pay 25 percent of the allowable charge for separately billed professional services. The inpatient mental health rate is unchanged under TRICARE Prime and Extra for family members of active duty service members, military retirees, their families and survivors.

Source: TRICARE news release.

Federal Employees Health Benefits

open season runs through Dec. 13

The Annual Federal Employee Health Benefit Program open season will soon be under way. The Office of Personnel Management has announced the open season will run from Nov. 8 through Dec. 13.

To provide employees with complete information on plans available, the Fort Sam Houston Civilian Personnel Advisory Center will host its annual Health Fair on Nov. 4 from 9 a.m. to 2 p.m. at the NCO Club, Bexar Ball Room, 1395 Chafee Road. All 2005 carriers participating in the FEHB Program have been invited to this fair.

To enroll in or make changes to your current health plan, go to <https://www.abc.army.mil>, or call (877) 276-9287. If you have never used the Army Benefits Center, you will have to create a point of entry and a pin number. When creating your information, keep a copy of your latest leave and earnings statement or your SF 50 Notification Personnel Action on hand for reference. Changes will go into effect Jan. 9.

For more information, call Lisa Rowell at 221-0862 or e-mail [lisa.rowell@us.army.mil](mailto:lisa.rowell@us.army.mil).

Thrift Savings Plan open season starts

The Thrift Savings Plan open season runs through Dec. 31. Contribution percentages or dollar amount changes can be done via Internet at <https://www.abc.army.mil> or telephone at (877) 276-9287. Investment allocations can be changed via Internet at [www.tsp.gov](http://www.tsp.gov).

With matching government contributions to the Federal Employee Retirement System, TSP is one of the top government employee benefits. It is a vital part of the three-part retirement program - TSP, Social Security and pension. The Office of Personnel Management has advised employees under FERS who do not actively participate in Thrift Savings Plan contributions that they can expect a retirement annuity at or below poverty level. The contribution limits are 15 percent for FERS and 10 percent for CSRS employees. For more information, call Lisa Rowell at 221-0862 or e-mail [lisa.rowell@us.army.mil](mailto:lisa.rowell@us.army.mil).

Fort Sam hosts Retiree Appreciation Day Oct. 30

The Fort Sam Houston Retiree Council and the Transition Services Office will host the annual Retiree Appreciation Day on Oct. 30 at the U.S. Army Medical Department Center and School, Bldg. 2841, Willis Hall, at the corner of Harry Wurzbach and Stanley Road, from 8 a.m. to 12 p.m.

The Brooke Army Medical Center will provide (starting at 8 a.m.):

- Vision screenings
- Glaucoma pressure tests
- Oral cancer screening exams
- Grip strength testing blood pressure screenings

BAMC staff will be available to offer informational handouts and answer questions.

The Staff Judge Advocate’s office will be available to prepare wills. To facilitate the process, will worksheets are available online at [http://www.cs.amedd.army.mil/sja/wil\\_information\\_paper\\_and\\_worksheet.htm](http://www.cs.amedd.army.mil/sja/wil_information_paper_and_worksheet.htm). If you are unable to access a computer, you may either call the retirement services office, 221-0936/9004, and have one mailed to you or stop by and pick up a copy. Having the worksheet completed prior to the Appreciation Day will expedite the process of completing your will.

The ID card section, located in Bldg. 367, will remain open from 8 a.m. to 12 p.m. to issue ID cards. Please bring your DD form 214 or retirement orders, and marriage, birth or death certificates, if applicable.

Retirement services will be available to make changes with DFAS on your retired pay account for allotments, addresses, taxes and bank changes. Personnel will be available to answer any questions you may have pertaining to retirement benefits and entitlements.

Social Security, TRICARE, Department of Veterans Affairs, Texas Veterans Commission, Texas Land Board, Army Career and Alumni Program, BAMC Retiree Activities Group, Chaplains Mentor Program, Army Community Services, Fort Sam Houston clubs and various service organizations will also provide information.

There will also be a TRICARE For Life briefing after the close of the formal ceremony in the auditorium,

The AAFES snack bar will be open from 7 a.m. to 11 a.m.



# TRICARE Reserve Family Demonstration benefit extended through fiscal 2005

To ensure continuity of care for family members of the 163,000 National Guard and Reserve personnel called to active duty for more than 30 days in support of federal contingency operations, the Department of Defense Military Health System has extended the TRICARE Reserve Family Demonstration Project for an additional year.

The demonstration, which began Sept. 14, 2001, and was due to end Nov. 1, 2004, has been extended to Nov. 1, 2005.

“The continued deployment of National Guard and Reserve personnel away from home in support of Noble Eagle/Operation Enduring Freedom, and Operation Iraqi Freedom makes it essential for the Military Health System to ensure their family members have access to a quality health care benefit whenever they need it,” said Dr. William

Winkenwerder, Jr. assistant secretary of defense, health affairs.

TRICARE eligibility for these family members begins the day the sponsor is activated if mobilization orders are for more than 30 days. National Guard and Reserve family members may use TRICARE Prime, a benefit that has no copayments or cost shares, if it is available in the area where they live; or they may use TRICARE Standard or Extra. Under the demonstration, for Reserve and Guard families using TRICARE Extra or Standard, the TRICARE annual deductible, \$150 per individual or \$300 per family (\$50/\$150 for E4s and below) is waived. Waiving the deductible helps family members who may have already paid an annual deductible under their civilian health plan avoid any further undue financial hardships.

The demonstration also waives the non-availability

statement pre-authorization requirement for non-emergency inpatient care at a civilian hospital and authorizes payment by TRICARE to non-participating providers of up to 115 percent of the TRICARE maximum allowable charge, enabling National Guard and Reserve family members continuity of care with their civilian providers.

Up-to-date information on the TRICARE benefit for members of the National Guard and Reserves and their family members is available on the TRICARE Web site at <http://www.tricare.osd.mil/reserve/>. Sponsors and family members also may contact the TRICARE Information Service toll-free at (888) DoD-CARE, (888) 363-2273 to get the telephone number of the regional contractors.

Source: TRICARE news release.

## Health Promotion Center

### October Class Schedule

| Class                                   | Date    | Time            |
|---|---------|-----------------|
| AD Self Care                            | Today   | 8-10 a.m.       |
| Breast & GYN Cancer Support Group       | Today   | 1:30-3 p.m.     |
| Tobacco Cessation “Readiness to Change” | Today   | 2-4 p.m.        |
| Breastfeeding Support Group             | Friday  | 1-2:30 p.m.     |
| Diabetes Education                      | Monday  | 12:45-4:30 p.m. |
| Diabetes Foot Care                      | Monday  | 1-2:30 p.m.     |
| Arthritis                               | Tuesday | 9:30-11 a.m.    |
| Office Yoga                             | Tuesday | 12-1 p.m.       |
| Diabetes Education                      | Tuesday | 12:45-4:30 p.m. |
| Breast & GYN Cancer Support Group       | Tuesday | 5:30-7 p.m.     |
| Breastfeeding Support Group             | 29      | 1-2:30 p.m.     |

For information, call Health Promotion Center at 916-3352. Health classes are offered for Department of Defense civilians and military beneficiaries.

## Nurses Health Fair

The Community Health Nurses Class is sponsoring a Health Fair Tuesday from 8 a.m. to 12 p.m. at Willis Hall Food Court. The event features information on nutrition, alcohol awareness, tobacco cessation, the Women, Infants and Children program, and therapeutic massages.

# Breast health luncheon informs . . .

Story and photos by Elaine Aviles  
Fort Sam Houston News Leader

Using skits, song and poetry, Brooke Army Medical Center and the American Cancer Society entertained and educated the community about the importance of early breast cancer detection Friday at the Breast Health Awareness Luncheon.

The luncheon was in honor of National Breast Cancer Awareness Month, which is every October, and dedicated to Air Force Capt. Melvenia Cotton, a breast cancer victim who recently passed away.

Brig. Gen. C. William Fox Jr., BAMC commander, kicked off the luncheon.

"I have been touched by the disease," he said. "In my personal life, my mother survived cancer and I lost an aunt at 14 years old. I think it's fitting to have a male talk. It's the men who worry about their mothers, sisters, aunts and daughters."

The Pink Ribbon Players, comprising members of a BAMC breast cancer survivors support group, performed "Handle with Care." The performance featured the women doing a variety of skits that emphasized the importance of regular screenings,



Donna Fernandez, Brooke Army Medical Center hematology and oncology nurse, burns a candle during the luncheon's candlelight vigil to honor those who have gone before and those still surviving.



(Left) Evelyn Mickles, a breast cancer survivor, and Pamela Taylor perform "Wing Beneath my Wings" during the luncheon.

## . . . entertains community

coping mechanisms, and helpful ways friends and family members can assist women battling the disease, such as pet or child care, cooking a meal or taking out the trash.

The players also introduced the "Tell a Friend" program, which Susie Ferrise, BAMC breast health educator, expanded on soon after.

The program serves as a mammogram reminder, Ferrise said. Women remind their friends and family members to go for an annual mammogram after the age of 40.

"I talked to a woman recently and she hadn't had a mammogram in 10 years," Ferrise said. "It's vital to have one every year. One out of eight women are diagnosed with breast cancer. Mammograms are key to early detection.

"You as a sister, mother, daughter, friend reminding your loved ones is a lot more powerful than hearing it from a stranger," she said.

Along with mammograms, self examinations and clinical exams are also key steps to breast cancer detection, she said.

Kenneth Cotton, Melvenia's husband, said he was very grateful for the event.

"'Handle with Care' was an accurate reflection of what happened to my wife," he said. "She was supposed to be a part of this. On my and my wife's behalf, I want to thank you."

For more information about breast health, call Ferrise at 916-2261 or go to the American Cancer Society Web site at <http://www.cancer.org/docroot/home/index.asp>.



(From left) Connie Cummings, Christine Johnson and Belinda Koeller perform a skit during "Handle with Care" at the Breast Cancer Health Awareness Luncheon.



Kenneth Cotton thanks luncheon attendees for dedicating the event to his wife, Air Force Capt. Melvenia Cotton, a breast cancer victim who recently passed away.

Brig. Gen. C. William Fox Jr., Brooke Army Medical Center commander, speaks about the importance of early detection at the Breast Health Awareness Luncheon.





# Women retreat from breast cancer

Story and photos by Susan Ferrise  
Brooke Army Medical Center

October is National Breast Cancer Awareness Month and a group of 25 women marked this observance in a very special way.

These women, some of them friends, some strangers, gathered at the Summit Vacation Resort in Sattler, Texas. They were all of different ages and came from different backgrounds but all had one thing in common – breast cancer.

This was a weekend like no other. Husbands and families were left behind as we all made our way to a quiet place along the banks of the Guadalupe River. The goal for the weekend was to leave the stress of doctor appointments, chemotherapy and radiation treatments behind. We were to concentrate on wellness and the celebration of the life that is beyond cancer.

Dr. Alice Inman, from Brooke Army Medical Center’s Dept. of Behavioral Health, addressed the group regarding the many benefits of laughter. Inman told us that children laugh over 400 times a day, while adults laugh less than 20 times a day. Laughter promotes healing on a physical, mental and emotional level. Twenty seconds of intense laughter, even if fake, is equal to three to four minutes of strenuous rowing, improves circulation, increases oxygen to the lungs and helps you to be more alert. We did a lot of laughing all weekend.

The next day, Cyndi Purcell, an oncology nurse specialist (formerly from BAMC), talked about how to manage the fatigue that so many cancer patients experience, fatigue either associated with the disease or the treatment for the disease. We learned many helpful hints, including 101 uses for a baby stroller and other energy-conserving tricks. Invention being the mother of necessity; Cyndi learned, from some of our survivors, some new and clever tricks to share with others.

That afternoon we were treated to a myriad of activities from which to choose, including Reiki Treatments, myofascia therapy, foot pampering treatments and massage treatment for lymphedema. We learned to make bath salts, potpourri, bracelets and etched vases. The weekend was entirely about new experiences and about feeling good and learning to take care of ourselves from our head to our toes.

Saturday night was all about the celebration of life. We line danced with the help of the Alamo



(From left) Belinda Koeller, Marylou Pipens (standing), Sandy Terrazzino, Connie Cummings and Dr. Alice Inman make bracelets during the breast cancer survivors women’s retreat at the Summit Vacation Resort in Sattler, Texas. Other activities included Reiki Treatments, myofascia therapy, foot pampering treatments and massage treatment for lymphedema.

Area Line Dancers. Karaoke was something new for many of us and brought many a shower singer out of the closet.

The weekend ended all too soon. “The women were profoundly touched by the experience,” said Sandy Terrazzino, BAMC Oncology nurse specialist. One survivor stated her heart was overfilled and her spirit renewed; she indicated she felt a profound sense of peace that she had not experienced since her diagnosis. They left the retreat with new confidence and the tools to sustain them in their days to come and to draw from in times of distress. They are not only living as cancer survivors but are thriving, making the most of each and every day.

It was indeed a memorable event for all who attended,” Terrazzino said.

If you would like more information about how you can participate in events like this one, call Susie Ferrise, Breast Health Educator at 916-2261.



Women say their farewells after the breast cancer survivors women’s retreat at the Summit Vacation Resort in Sattler, Texas.



Kathy Sherman leads a riverside outdoor ecumenical service during the retreat.



Retreat attendees pose for a picture before dinner.



## FSH Independent School District

Weekly Campus Activities  
Monday through Oct. 29

Red Ribbon Week

### Fort Sam Houston Elementary School

**Monday**

Literary pumpkins judged, all day

**Tuesday**

Literary pumpkin winners announced

**Wednesday**

School Board Meeting in Professional Development Center, 11 a.m.

**Oct. 29**

Fun and Field Day for kindergarten through fourth grade

Take home literary pumpkin

Spirit Day

### Robert G. Cole Jr. / Sr. High School

**Monday**

Students of the Month photos / breakfast in mall area, 9:50 a.m.

**Tuesday**

Senior Class and Band panoramic pictures during advisory

Volleyball at Johnson City, Freshman at 5 p.m. / Junior Varsity at 6 p.m. / Varsity at 7 p.m.

**Wednesday**

School Board Meeting in Professional Development Center, 11 a.m.

UIL 27AA Cross Country Meet at Hermann Sons Camp (Comfort), 2 p.m.

**Oct. 28**

Junior Varsity Football vs Blanco at Cole, 6 p.m.

**Oct. 29**

ATSSB region auditions at Lavernia, TBA  
Varsity Football at Blanco, 7:30 p.m.

# Cole Jr./Sr. High School celebrates Homecoming

By Dr. Gloria Davila  
Associate Superintendent



Photo by Jennifer Wilbur  
Seniors Joie Jolivet and Josh Collins are all smiles after being crowned Robert G. Cole Jr./Sr. High School Homecoming queen and king for 2004-2005.

Cole Jr./Sr. High School celebrated its Homecoming with much fanfare during the football game against Johnson City. The Cougars lost a heartbreaking game to the Eagles, 14 to 12, but enjoyed honoring the Homecoming and Senior Court candidates.

The Homecoming attendants included students from grades seven to 11. They are: Daniel Ruiz and Keira Petty (seventh); Hector Martinez and Danielle Gosch (eighth); Mark Weathersby and Jessica Bagg (ninth); Chris Talamantez and Michelle McClendon (10th); and Cody Oswald and Amy Rarig (11th). The Senior Court Homecoming King candidates were Josh Collins, James Starcher, Julio Burgos, Ben Carter, and Jon Brown. The Senior Court Homecoming queen candidates were Lakeshia Prince, Nadine Willis, Erika Persaud, Joie Jolivet and Caitlyn McCoole.

Josh Collins, son of Sgt. 1st Class Billy and Laura Collins, was crowned 2004-2005 Homecoming king. Josh is a

member of the National Honor Society and the varsity football and basketball teams. He was selected to the first All-District Team and the second All-Region Team in basketball for 2003-2004. Josh is hoping to earn an athletic scholarship to pursue a major in either music or sports medicine.

Joie Jolivet, daughter of retired Sgt. 1st Class Bernard and Cole reading teacher Angela Jolivet, was crowned 2004-2005 Homecoming Queen. Joie is the varsity volleyball and basketball team captain and was selected to the first All-District Team in both sports in 2003-2004. Joie was also a Region Qualifier in track for the triple jump event in May. She plans to pursue a law degree and, if possible, play in the Women’s National Basketball Association.

A Homecoming dance was held the next evening, with a “Dance-a-Lot in Camelot” theme. The Cougar Gym was transformed into a medieval castle complete with turrets, coats of arms, shields, and other accessories. More than 180 students enjoyed the dance sponsored by the Cougar Student Council.

### Regular Board Meeting, Wednesday

The Fort Sam Houston ISD Board of Trustees will meet at the Fort Sam Houston ISD Professional Development Center, 1908 Winans Road, for a Regular Board Meeting Wednesday at 11 a.m.

### Cougar victory



Photo by Air Force Master Sgt. Lee Roberts  
Randolph RoHawks’ Lance Copeland, 49, shoe-string tackles Cole Cougars’ running back Mark Weathersby, 23, during a junior varsity game here Oct. 14. However, Randolph ended up falling 14-8 as Cole’s ground attack struck for two second-half touchdowns. Randolph scored with just under four minutes left in the game, adding a two-point conversion on a fake extra-point kick. But as time ran out, Randolph’s Randy Mitchell was corralled near Cole’s 20-yard line, sealing the victory for the Cougars.

## Cougar Pride Club supports school

By Dr. Gloria Davila  
Associate Superintendent

The Robert G. Cole Jr./Sr. High School has an advocate and a partner in the Cougar Pride Club. The organization’s members are parents, teachers and friends of the school. Their purpose is to support the school in academics, athletics, band and other community-school affiliated organizations. It is a non-profit organization dedicated to the present and future education of the students at Cole.

The Club has been very effective and successful in the past with its projects. The members work to create a sense of “team” between the teachers and the students. Communication is made a top priority in order to facilitate the parents, teachers, and students working in unison and cohesively.

“The Cougar Pride Club is more than a booster club or a parents/teacher organization,” stated Kris Rarig, club publicity director. “It works to provide

scholarships, funding for school clubs and activities, and support to the teachers.”

In the 2003-2004 school year, the Cougar Pride Club provided more than \$9,000 to the school, including \$2,000 in scholarships through the C Awards.

“The Cougar Pride Club is a strong, solid organization that has become a tradition to our teachers, students, and parents at Fort Sam Houston ISD,” stated Dr. Roland Rios, Cole Principal. “We are very grateful for their support in making this school such a success.”

The Club sponsors and funds Project Graduation, a chem-free event designated for graduating seniors. In addition, it has provided funds for Project Cougar, which established the radio station KRGC, all the spirit flags, school clubs and organizations, and countless other projects.

The Cougar Pride Club membership fees are \$10 per family. Contact the school at 368-8733 for information on how to join.



# MWR Youth Happenings

### Free after school program

Youth Services offers an after school program for sixth through ninth graders weekdays until 6 p.m. YS will pick up children from either the elementary or junior/senior high school. Students go to the Youth Center, have a snack, work on homework, participate in clubs and do fun, innovative projects. They can join the 4-H club, photography club, a computer technology club and a variety of other clubs. YS can add areas of interest that appeal to parents and students. Students must be registered with Child and Youth Services, which has an \$18 annual fee, but the after school program for middle and high school students is free. For more information, call 221-3502.

### Youth Services seeks volunteers

Youth Services is looking for volunteers to assist with youth programs, including coaches, computer-skilled people, people with craft hobbies or anyone who just cares about kids. For more information or to volunteer, call the Youth Center at 221-3502.

### Saturday Open Recreation

First through 12th graders can participate in open recreation at the Youth Center Saturdays. First through fifth graders meet from 3 to 8 p.m., sixth through eighth graders from 3 to 10 p.m. and ninth through 12th graders from 3 to 11 p.m. Activities include computer lab, arts and crafts, basketball, pool, ping pong and

movies. People must be registered with Child and Youth Services to attend. For more information, call 221-3502.

### Saturday shuttle

Youth Services offers a Saturday shuttle to and from the Youth Center. There is no cost but parents with children 9 years old and younger must wait for the van and sign them in and out. The shuttle schedule is:

- 3 p.m. - leave the Youth Center
- 3:07 p.m. - Gorgas Circle (picnic tables)
- 3:10 p.m. - Schofield/ Dickman on Schofield
- 3:15 p.m. - Reynolds and Dickman on Reynolds
- 3:20 p.m. - Officer’s Club tennis courts
- 3:25 p.m. - Artillery Post Road at bus stop
- 3:30 p.m. - Easley/ Infantry Post at bus stop 660
- 3:42 p.m. - Patch Road (playground)
- 3:46 p.m. - Patch Road (shopette parking lot)
- 3:50 p.m. - Foulois/ Scott Road Harris Heights
- 3:54 p.m. - Forage/ Foulois
- 4 p.m. - Powless Guest House

The return shuttle will leave the Youth Center at 7:30 p.m. for those in fifth grade and below. There is also a shuttle that leaves at 9:30 p.m. for those in Middle School and at 10:30 p.m. for those in ninth grade and up. These shuttles are for youth who live on the installation.



### Parents wanted!!!!

Parents are invited to come to the Youth Center every third Saturday of the month from 6 to 9 p.m. to join the Youth Center staff and the teens and middle school youth in a game of basketball. Parents and staff try to outmaneuver the teens and score a few baskets. Refreshments are provided. For information, call the Youth Center at 221-3502.

### Piano instructor

Youth Services seeks a certified piano instructor willing to teach first through 12th graders. Instructor must be able to teach on weekday afternoons and evenings or Saturdays. For more information, call the Youth Center at 221-3502.

### Tae-Bo

Youth Services offers Tae-Bo Wednesdays from 4:15 to 4:45 p.m. at the Youth Center. Classes are held in the gym and all youth are welcome to attend. The class is free. For more information, call the Youth Center at 221-3502.



### Alternative Dance Class

Come join the Youth Services staff and volunteers for the next dance craze. The class includes salsa, hip hop, swing, country line dancing and more. For more information, call 221-3502.

### Dance classes

Dance classes will be offered Saturdays at the School Age Services building, Bldg. 1705, starting Saturday. The following classes times are available.

- 9 to 9:30 a.m.– 2-year-old creative dance class
- 9:30 to 10:10 a.m.– 3- to 4-year-old ballet, tap and jazz class
- 10:10 to 11 a.m.– 5- to 7-year-old tap, ballet and jazz class
- 11 to 11:50 a.m. – 4-years-old and older cheerleading class
- 11:50 a.m. to 12 p.m.– 8-years-old and older jazz and hip hop class

The cost is \$24 for 30-minute classes, \$26 for 40-minute classes, \$28 for 50-minute classes and \$30 for 60-minute classes. For more information or to sign up, call 221-3502 or 221-4882.

### Aerobics

Youth Services offers a youth aerobics class Tuesdays and Thursdays from 6:30-7:30 p.m. in the Youth Center gym. For more information, call 221-3502.



### Cooking Classes

Youth Services offers cooking classes Fridays from 4 to 6 p.m. at the Youth Center. This week the class will make apple cake. October will feature spooky recipes. For more information, call 221-3502.

# Child and Youth Services news



### FCC Openings

Family Child Care offers home-based child care for ages 4 weeks to 12-years-old on and off post with certified providers. Types of care are full day, part day, before and after school care, hourly care, extended hour care and long term care. Referral information and child registration are available at Child and Youth Services Central Registration, 221-4871 or 221-1723. FCC is looking for family members interested in becoming certified FCC providers to offer home based child care. There is a no-cost start up plan. FCC will conduct training for new providers Nov. 15-19 from 8-4 pm. For more information, call 221-3820 or 221-3828.

### PCI Headstart

Parent Child Incorporated/Headstart program is currently taking applications. PCI/Headstart is a federally funded program on post that provides free childcare. Patrons must meet federal guidelines. For more information, call 221-3788 or 221-3835.

### Child Development Center waiting list

If your child’s name is on the wait list for full day care at the Child Development Center, check your status on the wait list from the day you complete the form; otherwise your child’s name will be purged

from the list. To check your status, call Central Registration at 221-4871 or 221-1723.

### CDC Openings

The Child Development Center has full-time day immediate openings for ages 3- to 5-year-olds. To register, call Central Registration at 221-4871 or 221-1723.

### CYS Meeting

CYS Parent Advisory Council will meet Nov. 16, 11:30 a.m. to 12:30 p.m. at the Child Development Center, 2530 Funston. Lunch will be provided. This is CYS parents opportunity to learn of upcoming events, meet staff and address concerns.

### Fall Carnival

Parents who have children from toddler age thru fifth grade are welcomed to join School Age Services for a Fall Carnival on Oct. 30 from 6-8 p.m. The event will be at School Age Services, Bldg. 1705. Children must be accompanied by an adult. Costumes are welcome. For more information, call 221-4466.

### Instructional Classes

If you are interested in instructional classes such as Tae Kwon Do, piano, quarterly babysitter training or gymnastics, call 221-4882 or 221-4871/1723. For babysitter training or information, call 221-4871 or 221-1723.

### Open Recreation

School Age Services (kindergarten through fifth grade) offers after school and weekend open recreation (open recreation available to children in first through fifth grade) opportunities and after school hourly care options. Hourly and open recreation must be reserved in advance by calling School Age Services at 221-4466. Children must be registered through Central Registration prior to using the School Age Program. To register, call Central Registration at 221-4871 or 221-1723.

### Youth Opportunities

Sixth through 12th graders seeking after school and weekend opportunities can call Youth Services at 221-4882 or CYS Central Registration at 221-4871.

# MWR Recreation and Fitness

### Archery lessons

Individual and group archery lessons are available through the Outdoor Equipment Center. Instruction is given at

different levels of experience, from novice to expert. Children are welcome, however, a parent must accompany dependents under the age of 18. People should wear full shoes and no oversized shirts or shorts/trousers. For more information, call instructor Skip Dawson, at 221-5225.

### Equipment Rentals

The Outdoor Equipment Center offers a wide variety of recreational equipment for rent ranging from fishing boats to travel trailers and other camping equipment. Other items available for rental include large BBQ/smoker pits on trailers, canopies, tables, chairs, and play bouncers and dunking booths for unit gatherings or birthday parties. Utility trailers (both open and covered), are also available. For more information, call 221-5224, Monday through Friday, 8 a.m. to 5 p.m., or go to Bldg. 1111 on Forage Road.

### Health and Wellness Fair

Stop by the free Health and Wellness Fair Nov. 8 from 10 a.m. to 2 p.m. at the Jimmy Brought Fitness Center. Event highlights include cholesterol screening, diabetes screening, proper weight training, raffles, nutri-



Photos by Elaine Aviles  
Navy Ensign Rob Hines, from Randolph Air Force Base, shows off his first place trophy after the natural body building show.

Staff Sgt. Brandi Cuevas, D Company, 187th Medical Battalion, poses after taking first place in the women's category at the natural body building show Saturday at the Jimmy Brought Fitness Center.

tion information and much more. Participants who wish to have a cholesterol screening must fast 12 hours before the screening. Free food and T-shirts from 11 a.m.-1 p.m. For more information, call Lucian Kimble at 221-2020.

### 60 Days of Fitness

The fitness center offers a motivating fitness and weight loss program to help people safely lose 15 pounds in 60 days using a point system. This self-paced program requires people to work out 45 out of 60 days and includes a seven-page fitness assessment, body fat analysis and body measurements. Participants will also attend two 30-minute weight loss classes. Cost for the program is \$40, which includes a T-shirt. For more information, call Lucian Kimble at 221-2020.

### Gun Stand Drawing

Attention hunters, the drawing for gun stands is Monday held 6 p.m. at the Camp Bullis Recreation Center, Bldg. 6000. For more information, call 295-7577 or 295-7529.

### Intramural Basketball (Male, Female & Co-ed)

Letters of intent are due Nov. 1, Coaches meeting is Nov. 8 and the season starts Nov. 29. For more information, call Earl Young at 221-1180 or e-mail earl.young@sam-houston.army.mil.

### Bowling Center

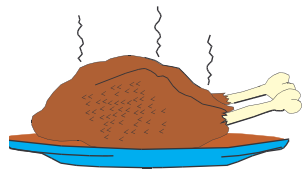
**Halloween Cyber Party**  
The Fort Sam Houston Bowling Center sponsors a Halloween Cyber Party Oct. 31 from 6 to 9 p.m. Come in costume



and bowl to black lights and music for half-price. Adults in costume are \$5 and \$10 without costume; children in costume are \$2.50 and \$5 without costume.

**Family Bowling Day Sundays**  
children under 12 bowl free. Adults and children 12 and up pay \$1.75 per game; shoe rental is \$1. (excludes birthday parties.)

**Bowling Instruction** is available on Tuesdays. The lessons are free to league bowlers and \$25 for non-league bowlers. Each lesson lasts an hour and a half. Call the center for more details.



### Officer's Club

**Turkeys and Hams To Go** orders will be accepted through Nov. 18. Prices are \$38.95 - \$79.50. No pick ups after 3 p.m. on Nov. 24. Call 224-4211 to place orders.

### Lunch Buffet

Mondays through Fridays, 11 a.m.-1 p.m. Includes beverage and soup.

### TGIF

Every Friday, 4 - 7 p.m. Free appetizers and entertainment. No cover charge.

### Sam Houston Club

**Thanksgiving Buffet**  
Thursday, Nov. 25, 11 a.m. - 3 p.m. Enjoy a traditional Thanksgiving dinner with all the trimmings. Cost is \$13.95 for members; \$15.95 for non-members; \$6.95 children 7-11; children 6 and under with our compliments. Reservations are required. For reservations, call 224-2721.

### Comedy Night and After Party

The party is Nov. 5. Doors open at 7:30 p.m. Showtime at 9 p.m. Admission is \$12- includes complimentary meal from 7:30-9p.m. Tickets available now. (\*No bingo session this night)

### Golf Club

#### Beginners Ladies Golf Clinic

Oct. 7 - Nov. 4, every Thursday from 6-7 p.m. The cost is \$125. Clinic is for beginners and includes lessons, range balls and a 3-hole tournament on the final day.

**Experienced Ladies Golf Clinic** Tuesdays Oct. 26 - Nov. 9 and Thursday, Nov. 16, 6 -7 pm. Cost for clinic is \$120.

### Harlequin Dinner Theatre

"Grace & Glorie," a comedy by Tom Ziegler, will be performed through Nov. 6. Call the box office at 222-9694 for show times and tickets.

### MWR Ticket Office

MWR has tickets for Riverdance at the Majestic Nov. 4, 6 and 7 and Hairspray, Dec. 2 to 5. The San Antonio Tours is offering "Ghost Tours" call for details. We have tickets for the Sacramento vs Spurs Nov. 3 game. Tickets are \$22 and \$32. Price at the door is \$25.35 and \$35.35. MWR also has Disney and Universal Studios tickets. Call now through Dec. 25 and all U.S. active military receive a 40 percent discount on rooms at Disney Resorts. To make reservations, call (407) 939-7424 and mention "Package Code EVU." 2005 Entertainment Coupon Books are available for \$20 per book. For additional ticket information, call 226-1663.

## Intramural Fall Softball Standings

| Oct. 16                   |    |           |    |
|---------------------------|----|-----------|----|
| TEAM                      |    | W         | L  |
| Pool A                    |    |           |    |
| Co C Acad Bn              |    | 4         | 0  |
| 5th Army                  |    | 3         | 1  |
| USARSO Sharks             |    | 3         | 1  |
| Fire Department           |    | 2         | 2  |
| 418th Med Log             |    | 1         | 2  |
| NMCRC                     |    | 2         | 3  |
| D BAMC                    |    | 0         | 2  |
| 470th MI                  |    | 0         | 4  |
| Pool B                    |    |           |    |
| BAMC                      |    | 3         | 0  |
| 232nd Med Bn              |    | 3         | 0  |
| ISR                       |    | 2         | 0  |
| Co B Acad Bn              |    | 2         | 1  |
| Baylor Bears              |    | 3         | 2  |
| USARSO Dwags              |    | 1         | 4  |
| 440th BSD                 |    | 0         | 4  |
| MEPS                      |    | 0         | 3  |
| Oct. 15                   |    |           |    |
| Co B Acad Bn              | 15 | ISR       | 8  |
| (Protest lodged ISR wins) |    |           |    |
| Baylor Bears              | 7  | 440th BSD | 0  |
| USARSO Sharks             | 25 | D BAMC    | 11 |
| NMCRC                     | 13 | 470th MI  | 10 |

## Intramural Flag Football Standings

| Oct. 15      |              |              |    |
|--------------|--------------|--------------|----|
| TEAM         |              | W            | L  |
| 1st          | Co A STB     | 10           | 1  |
| 2nd          | BAMC         | 9            | 1  |
| 3rd          | G 232nd Med  | 9            | 2  |
| 4th          | Co B Acad Bn | 6            | 3  |
| 5th          | DFAS         | 3            | 7  |
| 6th          | D BAMC       | 3            | 8  |
| 7th          | Rough Riders | 2            | 7  |
| 8th          | The Red Legs | 1            | 10 |
|              |              |              |    |
| Oct. 14      |              |              |    |
| G 232nd Med  | 14           | BAMC         | 13 |
| G 232nd Med  | 32           | D BAMC       | 6  |
| Co A STB     | 28           | DFAS         | 20 |
| DFAS         | 9            | The Red Legs | 6  |
| Co B Acad Bn | 28           | The Red Legs | 0  |
|              |              |              |    |
| Oct. 12      |              |              |    |
| BAMC         | 33           | Co B Acad Bn | 13 |
| G 232nd Med  | 27           | D BAMC       | 13 |
| BAMC         | 39           | D BAMC       | 0  |
| Co A STB     | 33           | The Red Legs | 7  |
| Co A STB     | 7            | 135th FA     | 0  |

## Top body builders



Photos by Elaine Aviles  
Navy Ensign Rob Hines, from Randolph Air Force Base, shows off his first place trophy after the natural body building show.

Staff Sgt. Brandi Cuevas, D Company, 187th Medical Battalion, poses after taking first place in the women's category at the natural body building show Saturday at the Jimmy Brought Fitness Center.



## Running safety

People are prohibited from running on Stanley Road, Dickman Road, Artillery Post Road, Wilson Road, Scott Road, North New Braunfels Road, Harry Wurzbach Road, Schofield Road, Roger Brooke and Binz Engleman. However, runners may run on sidewalks or on the grass on these roads.

A few running safety tips include:

- If walking or running during hours of darkness, carry a flashlight to shine on the sidewalk in front of you.
- Wear light or reflective clothing; stay out of the roadway and be alert to traffic.
- Carry your own identification: name, address, a friend or relative's telephone number. Make sure your friends or relatives know your favorite running routes.
- Run in familiar areas.
- Avoid unpopulated areas, deserted streets and overgrown trails.

- Don't wear headphones.
  - Run against traffic and keep the approaching automobiles in view.
  - Wear reflective material if you must run during the hours of darkness. Soldiers running in a formation or individually during limited visibility, to include hours of darkness, will wear reflective vests or belts (worn diagonally from right shoulder to left hip) as part of the PT uniform.
- Commanders are responsible for ensuring that running formations have adequate visibility while conducting PT formations on FSH.
- For more information and the safety-training calendar, go to the ISO Web site [www.cs.amedd.army.mil/iso](http://www.cs.amedd.army.mil/iso) <<http://www.cs.amedd.army.mil/iso>> and look under regulations. For assistance, please call Guadalupe Gomez at 221-3866 or e-mail Guadalupe Gomez@CEN.AMEDD.ARMY.MIL.





Community events

Air Force Village I opens

Air Force Village I has opened its doors to all honorably separated officers, their spouses, widows and widowers, and family members age 62 and older. Call (800) 762-1122 or [www.airforcevillages.com](http://www.airforcevillages.com).

Internet coupons stretch savings

The Defense Commissary Agency is helping customers increase their savings by making Internet coupon links available under a new section at the links page at <http://www.commissaries.com>. Commissaries worldwide now accept computer-generated Internet coupons as long as they have a bar code for scanning purposes and the coupons do not offer free product.

Celebrate Government Hill, today

The Art Stroll and Auction is your chance to explore a San Antonio Historic District, fill your walls with original art work and support the city’s art students. Stroll the renovated streets of North New Braunfels Avenue and Grayson Street while viewing the 40-plus art pieces displayed in the area business windows from today through Saturday. A continuous Silent Auction will take place with final bids accepted at 7 p.m. Saturday. For more information, call 271-9145.

ASMC luncheon, today

The Alamo Chapter of the American Society of Military Comptrollers invites members and non-members to attend a luncheon today from 11 a.m. to 1 p.m. at the Randolph Officers Club. The luncheon is hosted by Air Education and Training Command. Guest speakers are Todd Schaffer, director of the Workforce Management Office of the Assistant Secretary for Financial Management and Comptroller, Washington, D.C.; and Capt. Jason Corrothers, Air Force Personnel Center officer assignments, Randolph Air Force Base. The topic will be “Workforce Transformation Initiative.” For more information, call Wayne Wanner at 221-7029.

Austin Town Lake Walk, today

The Southwest Regional Director of the American Volkssport Association is hosting a 10-kilometer (6.2 mile) walk in downtown Austin, Texas, today. The walk starts at the AVA table in the registration area at the National Trails Symposium in the Austin Convention Center, 500 East Cesar Chavez Street, between 10 a.m. and 3 p.m., finish before dark. For more information, call Charles Wortz at (512) 479-0741 or e-mail [cwortz@texas.net](mailto:cwortz@texas.net).

Founders Day event, Saturday

San Antonio community members will celebrate the city’s first annual Founders Day Saturday in San Pedro Springs Park. The city will pay tribute to more than 20 cultural groups and outstanding people who helped shape the city’s unique character. The ceremony starts at 11 a.m. with

musical performances and groups will continue to play until 5:30 p.m. The event is free and people can bring their own food and chairs or purchase food at the park. No alcohol is permitted. For more information, go to [www.SanAntonioFoundersDay.org](http://www.SanAntonioFoundersDay.org) or call 525-6905.

Medina, Texas Walk, Saturday

The Trinity Trekkers volksmarch club is hosting a 10-kilometer (6.2 mile) and 5-kilometer walk starting at the Regional Park in Castroville, Texas, Saturday. Start between 8 a.m. and noon, finish by 3 p.m. Walkers will follow a route through historic Castroville and along the scenic Medina River. For more information, call David Toth at 521-8684 or e-mail [dnt@stic.net](mailto:dnt@stic.net).

Newcomers’ Extravaganza, Oct. 26

A mandatory Newcomers’ Extravaganza for permanent party in-processing Soldiers, lieutenant colonel and below, is Oct. 26 at 9 a.m. at the Roadrunner Community Center. Soldiers are required to attend within 60 days of arrival. Soldiers, civilians and family members will have an opportunity to learn about Fort Sam Houston and San Antonio and participate in drawings, registrations and social activities. Commanders and supervisors are encouraged to allow Soldiers and civilian employees time to attend. Children are welcome. For more information, call the Army Community Service Relocation Program at 221-2705/2418.

Veteran’s Day Run, Oct. 30

The 11th annual Vietnam Vets/Legacy Vets M/C Veteran’s Day Run is Oct. 30. Line up begins at 9 a.m. at Stacy’s Sports Bar on Rittiman Road. The after ceremony is from 1:30 to 6 p.m. For more information, call 274-5858 or (830) 444-1156.

Halloween Walk, Oct. 30 and 31

The Hill Country Volkssportsverin volksmarch club is hosting its annual two 10-kilometer and one 5-kilometer Halloween walks along scenic country roads in Waring, Texas, on Oct. 30 and 31. Start between 8 a.m. and 1 p.m., finish by 4 p.m. on Saturday, and start between 7 a.m. and 12 p.m., finish by 3 p.m. on Sunday. For more information, call John Bohnert at 830-995-2421 or e-mail Tina Bohnert at [tina.bohnert@comfort.txed.net](mailto:tina.bohnert@comfort.txed.net).

Native American Heritage opening ceremony, Nov. 4

The community is invited to attend the Fort Sam Houston annual Native American Heritage Month ceremony Nov. 4 at Evans Theater. The ceremony begins at 11:30 a.m. and is free to the public. This year’s keynote speaker is Fort Sam Houston’s Col. Gaylord Lindsay, president of the U.S. Army Medical Department Board. For more information, call the Garrison Equal Employment Opportunity and Equal Opportunity offices, 221-9356 or 295-9276.

Annual Veterans Parade, Nov. 6

The U.S. Military Veterans Parade association invites organizations to participate in the 5th Annual San Antonio Veterans Parade on Nov. 6. The parade begins at 1 p.m. and starts at Avenue E and 3rd Street with seating in front of the Alamo. The theme for the parade is “Military Veterans & Community United.” For more information, call 325-5359 or 884-2424.

Market Day for moms, Nov. 6

The Mom’s Club of Central San Antonio is hosting a Market Day event Nov. 6 from 10 a.m. to 2 p.m. at Northridge Park Baptist Church 2659 Eisenhower (at Chevy Chase). Moms can enjoy browsing vendors selling unique and memorable gifts. The playground next door, children’s toy table and bake sale provide the perfect distraction while moms shop around. For more information, call Elizabeth Grasso at 826-3000.

Lackland Airfest, Nov. 6-7

Lackland Air Force Base is hosting its Airfest 2004 on Nov. 6 and 7. The event is free and open to the public. Some events include the Aeroshell T-6 Aerobatic Team, Trojan Phlyers T-28 team, and Tora, Tora, a re-enactment of the bombing of Pearl Harbor. Gates will be open from 9 a.m. to 5 p.m. with performances from 10 a.m. to 4 p.m. Shuttle buses run at 8 a.m. to parking areas prior to gate openings. For more information, go to [www.lackland.af.mil/airshow](http://www.lackland.af.mil/airshow) or call 671-SHOW.

Veteran’s Day Dinner, Nov. 11

The Leukemia and Lymphoma Society’s Team in Training will host a dinner and silent auction on Veteran’s Day, Nov. 11, at The Prickly Pear Southwest Bistro and Bar, 17776 Blanco Road, from 6 to 8 p.m. Tickets are \$35 and include dinner and door prize entry. Non-attending tickets are also available for \$35 and will earn a chance at a door prize. For tickets and more information, call Lt. Shawna Maley at 221-2028 or e-mail [shawna.maley@dmrti.army.mil](mailto:shawna.maley@dmrti.army.mil).

Free trip for OIF, OEF veterans

Soldiers can earn a free trip back home, courtesy of the Army, to Michigan, Indiana, Ohio, Minnesota, Wisconsin, North Dakota, South Dakota or the Chicago area. The 3rd Recruiting Brigade at Fort Knox, Ky. is looking for volunteers to speak at Midwest schools. Soldiers willing to share their job training and experiences with students can call Mark Edwards at (502) 626-0698.

Parachute competition

The U.S. Army Parachute Team, “Golden Knights” will host the sixth annual Inter-Service Parachute Competition at Laurinburg-Maxton Airport, N.C., Nov. 5 to 8. The competition is open to all active-duty ID card holders not on leave. The four-way competition will be Nov. 6 and the eight-way Nov. 7. For more information, call Sgt. Marie Schult at (910) 396-7203 or go to <http://www.usarec.army.mil/hq/GoldenKnights>.

Volunteer

Eczema study

The dermatology clinic seeks patients 2 to 12 years old with a history of eczema for a research study. For more information, call Crystal Triplett, research coordinator, at 916-3931.

Anthrax vaccine research study

Wilford Hall Medical Center seeks volunteers for a clinical research study to determine if the current Anthrax vaccine administered with an immune system booster is safe and effective in shortening the time to develop antibodies to Anthrax. Participants must be between 18 and 45

years old, in good health and cannot be an active-duty military member. Eligible volunteers will be paid compensation for approximately 14 outpatient visits. For more information, call Rosemary Wells at 292-0329.

Meetings

Officers’ Wives and Widows Club meets

The Retired Officers’ Wives and Widows Club meets at 11 a.m. on the fourth Monday of every month at Fort Sam Houston Officers’ Club. For reservations, call Arline Braswell at 822-6559.

BAMC seeks volunteers for ‘Partners in Healing’

Brooke Army Medical Center is looking for active and upbeat volunteers to be “Partners in Healing.” BAMC wants volunteers who understand the hardships of coping with illness or injury and who empathize with the special needs of patients. BAMC offers 130 positions to match each volunteer’s skills and interests. To volunteer, call the Office of Volunteer Services at 916-5083.

U.S. Army seeks warrant officer candidates

The U.S. Army is looking for highly motivated Soldiers, Marines, Sailors and Airmen to fill its warrant officer ranks. Positions are open in all 45 specialties for those who qualify. Applicants with less than 12 years active federal service are encouraged to apply. For more information and forms/documents required to apply, visit the Web site: [www.usarec.army.mil/warrant](http://www.usarec.army.mil/warrant) or call DSN 536-0484/0458/0488/0478/0271/1860. The toll free number is 1-800-223-3735, ext. 6 and the last four of the phone number.

Purple Heart veterans sought

Purple Heart Veterans are invited to join the meeting of Military Order of the Purple Heart on the first Saturday of every month at 9 a.m. at the Roadrunner Community Center to learn more about combat related entitlements and claims benefits. Registration begins at 9 a.m. Bring your DD Form 214 and a short biography.

SMA seeks new members

The Fort Sam Houston Sergeants Major Association meets every third Thursday of the month at 6 p.m. in the FSH NCO Club. Army retired Sgt. Maj. Hector Viczaino, president of the association, extends a cordial invitation to all active duty and retired command sergeants major, sergeants major and master sergeants on the promotion list from all service branches to attend the meetings. For information, call Sgt. Maj. Tracey James at 221-7495 or Sgt. Maj. Jeff Lavender at 221-7674.

BOSS seeks single Soldiers

The Better Opportunities for Single Soldiers meetings are held on the first and third Wednesday of every month at 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldier input to the commander, who uses the committee’s recommendations to improve single Soldiers’ Morale, Welfare and Recreation programs. For information, call Staff Sgt. Edward Castro at 221-8760.

# Fort Freebies

*Freebies are published on a first come, first serve basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. To submit paid classified ads or commercial advertising, call Prime Time at 453-3300. To submit a Fort Freebie, e-mail to: news.leader@samhouston.army.mil or fax to 221-1198. Ensure your military/Fort Sam Houston civil service status, phone number and name appears on request. Limit of five items per entry.*



**For Sale:** Bed extender for Toyota Tacoma or Nissan Frontier, good cond., \$125; box spring (no mattress), king size, metal frame, new, \$75; RollerCasio keyboard with stand, \$100; racecar bed with mattress, dresser new, \$250; and karaoke/singing machine, like new, \$50. Call 697-9261.

**For Sale:** Wellcraft, 1989 18-foot center-console boat, 115-horsepower Yamaha engine, new trailer, good condition, great fishing, \$1,700. Call 545-5634 after 6 p.m.

**For Sale:** Contemporary blue sofa and loveseat, slightly oversize and comes with or without three-piece table, all for \$325, pictures on request; and Panasonic Inverter black microwave like new for \$50, will help with delivery. Call 651-9168.

**For Sale:** Rainbow vacuum cleaner with power head and attachments, in good shape, \$65; and men’s military clothes - all for \$60, includes: seven camo green pants; nine camo shirts; chemical protection suit; black coat, 44L; two dress trousers, 34L; boots, 10E; and misc. hats, T-shirts, rain

gear and helmet gear; free landscaping gravel, you load and haul; and compound bow with arrows, \$60. Call 659-1120.

**For Sale:** Antique piano, 1917 Schaeffer upright with matching bench, original oak finish, ivory keys, lots of detailed decorative carvings, second owner,, valued at \$850, asking \$1,500 obo. Photos on request, Fordisland@satx.rr.com or call 481-2824.

**For Sale:** All female Miniature Pinscher puppies, 8 weeks old, AKC, black and tan, tails and dew claws done. Call 590-2985.

**For Sale:** Gateway Computer with Windows 98, Internet accessible, Microsoft Word/Excel, and an Image Expert for your digital camera, asking \$250. Call 347-3126.

**For Sale:** Saratoga Lexington Spa, five person spa, two pumps, and Sony built-in radio, only 2 years old, don’t have room for it, paid \$6,200 will sell for \$2,300. Call 566-1390.

**For Sale:** Men’s nursing uniforms, like new, medium size shirts and pants, size

33-inch waist and 31-inch length, six white pairs for \$10/pair, four green pairs for \$15/pair, four white shirts for \$5 each, and one maroon shirt, \$10. Call Jerry at 490-3048.

**For Sale:** Sofa, \$80; loveseat, \$70; coffee table, \$25; round glass dining table w/ 4 chairs, \$30; king size bed (mattress, box springs and head board), \$100. Call 658-5196 or 901-581-9703 or 295-6391.

**For Sale:** Dell 20” Triniton color Crt monitor, multi lang, perfect for graphic designers, video editors and gamers, \$400 obo; Canon laser printer, fax, copier, scanner Multipass L600 (all in one), \$250 obo; off-white couch, 7 foot \$250 obo; two white metal bar chairs, 29-inches high with vinyl cushion, high back, \$25 each obo; and swivel desk chair with wheels, \$25 obo. Call 832-8482 or 862-3071.

**For Sale:** Oakwell Farms home, 3-years-old, in gated community near Fort Sam Houston, 2600 sf, 3/2.5/2 with study, master down, covered patio, nice yard, community pool and tennis courts. Call 824-4770.

## Career Clips

*The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP Office, Bldg. 2264 or call 221-1213.*

**Rehab Coordinator, San Antonio.** Ensure the timely evaluation and treatment of residents in the most effective and efficient manner possible; perform management functions such as hiring, evaluating and disciplining employees; provide training, direction and guidance for the rehab staff; plan and implement clinical programs; conduct in-service programs; and train rehab coordinators on safety-related issues.

**Satellite Office Manager, San Antonio.** Manage satellite office, interview, qualify, and hire nurses, certified nurse aides and allied health care workers.

**Clinical Specialist, San Antonio.** Assist in fulfilling case manager role for managed care and insurance claims; assist in determining patient qualification standards for reimbursement; resolve clinical issues from revenue cycle process; and monitors quality of assigned tasks and corrects any deficiencies.